

Asian Salad

Preparation Time: 10 minutes

Ingredients:

- 1 papaya
- 1 guava
- 1 Asian pear
- 1 lb spring salad mix
- 4 Tbsp low fat vinaigrette of your choice

Directions:

Cut papaya and guava into thin slices. Julienne the Asian pear. Put the salad in a large bowl.

Toss with dressing. Mound on a platter. Place fruit slices on top and serve.

of Servings: 4

Cups of F & V Per Person: 2

Serving Size: 1/4 recipe

Nutritional Facts

Calories 100

Total fat 3g

Saturated fat 0g

Cholesterol 0g

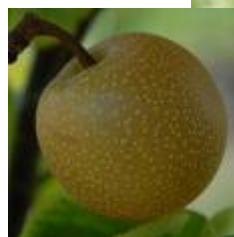
Sodium 190g

Total Carbohydrates 19g

Dietary fiber 6g

Sugar 10g

Protein 3g



spring mix

Asian Salad with Sweet and Sour Vinaigrette

Salad:

- 1 papaya
- 1 guava
- 1 Asian pear
- 1 pound Spring mix Salad
- 4 oz Goat Cheese

Vinaigrette:

- 1 tsp mustard
- 2 tsp Balsamic vinegar
- 1 tsp low sodium soy sauce
- 1 tsp honey
- 1/8 tsp ground black pepper
- 1/4 cup olive oil

Combine mustard, balsamic vinegar, soy sauce, honey, salt and pepper in a mixing bowl. Drizzle in olive oil, whisking to an emulsion. Set aside. Cut papaya and guava into thin slices. Julienne the Asian pear. Put the spring mix salad in a large bowl. Toss with dressing. Mound on a platter. Place fruit slices on top. Sprinkle with chunks of goat cheese and serve.

Makes 4 servings. Each serving equals three 5-A-Day servings.

Nutrition information per serving: Calories 232, Protein 6g, Fat 8g, Calories from Fat 29%, Cholesterol 5mg, Carbohydrates 38g, Fiber 10g, Sodium 240mg.

Sources: Centers for Disease Control and Prevention, Chris Faulkner for Melissa's Variety Produce, Inc.

http://www.zhion.com/herb/Asian_pears.html

<http://www.cdktichen.com/recipes/recs/964/Asian-Salad-With-Sweet-And-Sou104817.shtml>